



Fast White-Bean Stew

 Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 ounce baby arugula loosely packed (10 cups)
- 6 inch crusty baguette
- 0.3 teaspoon pepper black
- 38 ounce cannellini beans rinsed drained canned (3 cups)
- 14 ounce canned tomatoes canned
- 2 large garlic clove chopped
- 0.5 pound ham cut into 1/2-inch cubes ()
- 1.8 cups chicken broth reduced-sodium

0.3 cup olive oil extra virgin extra-virgin

Equipment

baking sheet

pot

broiler

Directions

Cook garlic in 1/4 cup oil in a 3 1/2- to 4 1/2-quart heavy pot over moderately high heat, stirring, until golden, 1 to 2 minutes. Coarsely cut up tomatoes in can with kitchen shears, then add (with juice) to garlic in oil. Stir in broth, beans, ham, and pepper and bring to a boil. Reduce heat and simmer, uncovered, 5 minutes. Stir in greens and cook until wilted, 3 minutes for romaine or 1 minute for arugula.

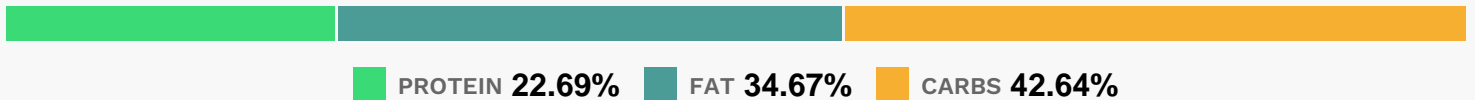
While stew is simmering, preheat broiler. Put bread on a baking sheet and drizzle with remaining 1/2 tablespoon oil. Broil 3 to 4 inches from heat until golden, 1 to 1 1/2 minutes.

Serve stew with toasts.

Nutrition Data

See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:58.69, Glycemic Load:17.37, Inflammation Score:-9, Nutrition Score:36.333478222723%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.37mg, Kaempferol: 12.37mg, Kaempferol: 12.37mg, Kaempferol: 12.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 633.69kcal (31.68%), Fat: 25.04g (38.52%), Saturated Fat: 5.74g (35.86%), Carbohydrates: 69.27g (23.09%), Net Carbohydrates: 53.75g (19.54%), Sugar: 6.2g (6.89%), Cholesterol: 35.15mg (11.72%), Sodium: 882.1mg (38.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.86g (73.72%), Manganese: 1.75mg (87.45%), Fiber: 15.52g (62.09%), Iron: 10.81mg (60.08%), Vitamin K: 60.17µg (57.3%), Folate: 228.18µg (57.04%), Potassium: 1907.69mg (54.51%), Vitamin B1: 0.71mg (47.64%), Copper: 0.94mg (47.19%), Magnesium: 187.24mg (46.81%), Phosphorus: 453.68mg (45.37%), Vitamin E: 5.68mg (37.88%), Zinc: 4.92mg (32.79%), Vitamin B6: 0.63mg (31.27%), Calcium: 302.54mg (30.25%), Vitamin B3: 5.75mg (28.77%), Selenium: 18.76µg (26.79%), Vitamin A: 1055.07IU (21.1%), Vitamin B2: 0.35mg (20.71%), Vitamin C: 14.91mg (18.08%), Vitamin B5: 1.21mg (12.13%), Vitamin B12: 0.47µg (7.77%), Vitamin D: 0.4µg (2.65%)